

## HOME, ITS PROBLEMS AND INTERESTS



A PARISIAN SHIRT WAIST SUIT.

There is a distinctive chic to this shirt waist suit in embroidered linen that proclaims its Parisian origin even to the uninitiated. The shirt waist, or blouse, is fashioned upon the plain sacque pattern, without pleats or tucks, and sets smoothly over the shoulders. The back is left quite untrimmied, while the fronts are slit below the bust to admit the embroidered linen, thus affording the requisite fullness to the blouse. The fastening is effected with an overlaid box pleat. The sleeves are a full puff to below the elbow, the deep maritime cuff being of the embroidered goods. The skirt is a circular pattern, with panels of the embroidery inserted in slit fashion just as in the blouse. Hand-some triangular-shaped pieces of Russian gimpure are posed at the top of each inserted panel, giving a touch of distinction to the style; and there is a velvet centre passed around the waist and tying in a short sash in the back. The one touch of color contrast may be chosen to suit; but the coral pinks, the rose reds and a soft willow green are the shades that go best with the linen whites. The skirt is cut rather shorter than we are accustomed to on this side of the Atlantic, and displays not only the smart shiny kid vamp of the shoe; but also the upper white linen made to match the gown, one of the most recent fads of the Parisienne being shoes to match each and every gown in her wardrobe, from the simplest to the most elaborate.

A WHOLESOME DAILY DIET  
TO MAKE A PRETTY COMPLEXION

Fresh Vegetables, Light Meats, Wholesome Sweets, and All Kinds of Fruits Should Be Taken.

This is to be a special article on the subject of diet, for it is evident to me from many letters received that few girls or women know what they should eat if they wish to have clear complexions. One's color and skin is easily affected by impure air, but even more quickly will it suffer from food not suited to the system, and it is the cause of more than half of the bad cases of pimples which some women suffer from for years. Rich or indigestible food is not carried off by the system as it should be and makes its way into the blood. The very next step is pimples, for what the system cannot throw off through proper channels must come out in some way and is finally forced through the skin.

## The Sulphur and Molasses Recipe.

In this connection it is worth mentioning that this week I had a letter from a young girl saying that her complexion was badly broken out, that she wished to take sulphur and molasses, but that friends had said it would make her face break out worse. The latter is probably true, but it would be of short duration. That is to say, the sulphur and molasses being a blood purifier will drive out impure matter, and as it is already making her skin into a channel the trouble will continue there, but will be driven through more quickly. Instead of her face being rough for weeks as the trouble slowly percolates through the pores it will come out quickly and be over. That surely is a better way. I speak of this because if some women taking sulphur and molasses find their faces breaking out they may stop the means. That is a mistake. The trouble is in the blood and whatever will drive it out should be continued until the system is in a healthy condition.

**Too Much Meat Eaten.**  
As to diet, it is the indiscriminate eating of sweets, fried things and too much meat that plays havoc with American complexions. More of these three are eaten in this country than any other, and as a nation we have the poorest

through the pores, causing an oily skin, or, what is worse, pimples. If half the girls who eat griddle cakes would give up that sweet dish they would be rewarded by better complexions. The combination of sweets and fat is fatal to good looks.

Fried meat should be forbidden by law, and absolutely nothing that comes out of a frying pan should be eaten. Doughnuts, crullers, and dumplings are not to be thought of for a moment.

In order to understand why sweets should be eaten in moderation, and only the simplest eaten at all, it is necessary to understand what they do. More than very little almost always sets up a fermentation in the stomach, and that acidity results in indigestion. Even if that is not acute enough to be noticed, the blood is affected by it and there again pimples will result. These little eruptions are an infallible indicator, you see, of the condition of the system.

A thing most important is to keep the system in good order to throw off extraneous matter. If the liver does not perform its functions freely and regularly the stuff that it does not carry off must get out some way, and will come through the pores as pimples.

I do not wish to be understood as saying here that the condition of the stomach alone causes pimples; only that it is the chief cause. There are cases where the blood is thin and poor from a low condition of the system, or where some poison is present which the stomach is not concerned in. But as soon as the blood is out of order the skin will break out, and the better the stomach is kept the less chance there is for trouble.

## Some Sweets Are Wholesome.

Sweets that have a wholesome effect upon the system and satisfy the craving that is natural for them are simple desserts. Nice rice puddings, stewed peaches, figs, custards, baked apples, and all the summer fruits as they come along should be eaten freely. Stewed rhubarb, now coming into market, is particularly relished by reason of its acidity and sweetness. A delicious way of cooking this, by the way, is not stewing, as usual, but baking. Prepare the stalks as for stewing, but put them into a baking pan with just water enough to cover the bottom of the pan, and bake plentifully with sugar. Then put into a slow oven and bake for three or four hours, adding a little more water if required. The cooking must be very slow. When done and served cold this is like a heavy preserve and is delicious.

## Green Vegetables and Fruits.

Green salads, such as lettuce, escarole, celery, and the like, should be eaten at least once a day. The system craves such things, and if eaten with vinegar and oil their wholesome qualities are improved. All fruits should be eaten, apples, oranges, and bananas. Any green fresh vegetables one can buy should be partaken of freely, and eggs in all forms are good. Eat those twice a day, and if you don't like them learn to do so. They will take the place of meat, and you will be better for it. Cereals of all kinds are good. Drink milk; take it between meals. If you can give up coffee do so. Take tea instead, and your eyes will be brighter and your skin clearer. Coffee stains the skin a muddy color—there is no doubt about that—but if you cannot give it up, take it only once a day.

If your breakfast has been consisting of a cup of coffee and a roll make yourself take tea and eggs. You will find in making tea that you require less milk with coffee you do not wish. Begin the day with a breakfast if you would have your system in good condition.

If a girl will follow the diet roughly laid out here she will not be hungry, and before long her complexion will be better. If not well, but the change will be gradual and she will need the assistance of fresh air and exercise. If she is not well, she should not go out in the morning and go through some exercise before an open window. The blood must be made to circulate rapidly. It is a labor, I know, but if one is not born beautiful or attractive one must work to be so. And if one is not willing to work for it one must not complain.

## Three-Quarter Hose.

First among the season's novelties in women's hosiery stand the half and three-quarter length hose, which most of the leading dealers now have in stock. The half length models are not entirely new, strictly speaking, for a few shops had them last year, but they were not generally known, and consequently had only a small sale. This season, however, the dealers say, women, and especially athletic women, are going to buy them, while their sisters who want to be up to date, but have not the courage to take up the half-hose will resort to the three-quarter length.

White and tan are the favorite colors in these styles, as in all hosiery for the spring and summer. Another color which undoubtedly will be worn a great deal with tan blouses is delect blue. Women are generally pleased with this, as the blue linen shirt waist suit is a feature of so many summer wardrobes. With tan footwear any color hosiery, in fact, may be put on, thus giving young women an opportunity to match stockings and gowns. Of course, this has been done for a long time with light evening gowns, but now the chance for harmony with the simple shirt waist suit. For the popular blue and green check and pattern hosiery of the same colors and pattern, as well as solid blue embroidered in green.

Lisle thread hosiery is the best seller in spring, for the reason that it is as thin as and less expensive than silk. Stockwork and embroidery are the favorite decorations, justifying the rapidity with which they are selling.

## There Are Others.

Among female Moors birthday celebrations are unknown. A Moorish woman considers it a point of honor to be absolutely ignorant of her age.

## HOW TO AVOID GERM DISEASES

Strengthen the Stomach and Digestion, and You Will Keep Well.

When there is an epidemic of germ disease, and most diseases are caused by germs, it is the person with a weak stomach who succumbs first.

People with healthy digestion are ordinarily not subject to sickness, and can throw off readily any disease germs that enter the system.

Strengthen the stomach and digestive organs with a M-I-O-N-A tablet before each meal, and every atom of food taken into the stomach will be digested and assimilated, and the whole digestive system made so healthy, clear and sweet that there will be no chance for disease germs to breed.

## The Hair Net Fad.

The new hats are forcing hair nets to be popular. It is almost impossible to wear a veil with most of the new shapes. Then, in the majority of cases, as the pretty girl says, when she puts on one of the season's up-titled efforts, "Dear me, we shall have to be veiled in the back, for none of the front of us is going to show except our noses." The Marcel wave and net to cover it then is given due prominence. A net surely does give one a feeling of confidence. It is awfully nice to feel that belated March winds may not disturb our two-dollar waves.

## No Wedding Flowers.

Friends are often requested not to send flowers to funerals, but there has never hitherto been any objection to wedding presents. This astonishing disposition manifested itself the other day, however, in the case of a couple to be married this week at a New York hotel. In a corner of the invitation is engraved the phrase "No presents received." Whether this was intended seriously or as a joke some of the invited could not decide till they asked the bridegroom-elect. He assured them solemnly that he wished the injunction strictly obeyed.

**Lansburgh & Bro.**  
120-126 7th St. NW.

OUR GREAT FRIDAY  
BARGAIN SALES

If you have kept in close touch with these sales you know, quality considered, our prices are distinctively lower. If you have not, we would like a chance to prove it.

## 50 Pieces Printed Dress Silks

India and Pongees  
The 59c Grades

29c

Foulard and Liberty Silk  
The 79c Grades

59c

## Short Lengths of Novelty Silks

Louisines, Taffetas, Satins, Indias, Black Taffeta, Japs, Pongees, etc. Lengths 2½ to 10 yards—from the pieces, 49c and 59c, yard—

39c

Louisines, Brocades, Fancy Taffetas, Liberty Satins, Pallette de Soie, etc. Lengths 5 to 15 yards—from the piece, \$1.00 and \$1.25, yard—

49c

"TAPERING WAIST"  
R & G CORSETS

These are the latest models of the famous R. & G., designed to give the tapering waist line which the spring fashions make imperative. All styles and sizes in high and low bust.

Prices,  
\$1.00  
to \$3.00



Perfect fit, long wear, and entire satisfaction guaranteed in every R. & G. Corset.

Wrappers at  
69c

Made of splendid quality percale, in navy, blue, red, gray, also black and white, in stripes and figures. Full front with yoke, fancy capes over shoulder, neatly trimmed with wash braid, new sleeve, turnover collar; excellent width skirt, finished with full deep flounce; sizes 34-44. Worth \$1.

Dress Lining That  
Retails at 18c

for  
9c

The kinds, Spun Glass, Neva Silk, and Shadow Silk. Remnants of Percale. Lengths 2½ to 8 yards. Yard... 6c

## Gloves

Women's and Children's 25c and 35c in quality Lisle Thread and Taffeta Gloves, in white, black, tan, mode, and gray. Special... 17c

Regular 50c quality Two-clasp Silk Gloves, in black and white, and with double-tipped fingers. Special... 39c

2-clasp Suede Lisle Gloves, in tan, mode, brown, gray, white, and black. Special... 50c

## Quick Clearance of All Short Lengths of

## Cotton Dress Goods

Table No. 1 will consist of Remnants of the following well-known Cotton Wash Fabrics: Arnold's Mohair Lustre and Fil de Soie—also Mohair Voile, Plain and Embroidered Silk Mousseline, Nub Suitings, Eolienne and Brown Linen. Regular prices, ranging from 20c to 35c per yard. Choice for Friday, yard... 12½c In lengths of 2½ to 12 yards.

Table No. 2—Consisting of Remnants of Chiffon Voiles, Printed Batiste, Dot Swiss, Dimities, Organdies, Silk Effects, Ducks, and Arnold's Taffetas. All are desirable and money-savers. Regular prices being from 12½c to 18c yard. Choice for Friday, yard... 8½c In lengths of 2½ to 12 yards.

Peter Grogan, Credit for All Washington

## PARLOR FURNITURE

Mattings, Refrigerators.

You won't have a bit of trouble in finding a parlor suite to please you in our immense stock. Five-piece suites are here at all prices, from \$17.50 to \$150. Very handsome ones at prices ranging from \$35 to \$65. Three-piece suites from \$42.50 to \$100. The upholsteries are beautiful and durable, and include silk and satin damask, green verona, goblin tapestry, haircloth and panne plush. You are welcome to a choice of the entire stock at lowest cash prices, and on easy weekly or monthly payments, arranged to suit your convenience. Odd parlor pieces, in great variety, also handsome designs in gold furniture at clearance prices. Our new stock of Chinese and Japanese Mattings includes only the best and most reliable qualities. Refrigerators and Ice Chests in all sizes and at all prices. We allow a discount of 10 per cent for cash with order, or if bill is paid within 30 days; 7½ per cent discount if bill is paid in 60 days, and 5 per cent if paid in 90 days.

CREDIT

## PETER GROGAN,

817-819-821-823 7th St., Bet. H and I Sts.

## Our Suction Aerated

Guard  
Best thing  
on  
Earth—  
Especially  
on the  
Nose.

If your glasses hurt, let us put on this Aerated Guard—costs only a trifle—we control its sale.  
CLAFLIN OPTICAL CO.,  
907 F St. (Masonic Temple.)

## Painless

Extracting Free.  
3 Registered  
Graduates.

Set of Teeth  
Gold Crowns  
Bridgework.  
\$5.00  
Patton's Union Dental Parlors,  
910 F Street N. W.,  
8 to 6—Sundays 10 to 2.

## THE LEADING HOUSE

In the South dealing in China and  
Glassware, Kitchen Utensils, etc.  
Lowest prices for the best goods.  
DULIN & MARTIN CO., 1215 F St.  
no.28-1f

## Knabe Pianos

stand for all that's excellent in Piano construction. There's no other Piano built that so fully meets the demands of artists.

## TEETH

HIGH CLASS  
Modern Dentistry

By skilled operators in each department is what we offer you, at almost half you pay in private DENTAL OFFICES. Call at our Dental Parlors, 73 that we may explain our improved methods and PAINLESS OPERATIONS. Teeth Extracted Absolutely Without Pain, with or without gas, 50 cents. Office hours, 9:30 a.m. to 6 p.m. Sundays, from 10 to 12. Female attendants.  
WASHINGTON DENTAL PARLORS,  
N.E. Cor. 7th and E Sts. NW, over Atlantic and Pacific Tea Co.'s Store.

## Run Down?

Take Chippewa Indian Blood Cordial. The finest blood purifier and spring tonic. 50c a bottle.  
WILLIAMS' TEMPLE  
Ninth and F.

## Gold Water Paint

12 Colors—inside or 5 lbs. 40c  
outside—Weather-  
proof.  
J. T. WALKER SONS,  
304 Tenth St.—Main 741.

## Extension Window

12c  
Good Screen  
Door complete,  
a big underseller, at.  
65c  
JOHN B. ESPEY,  
Hardware, 1010 Pa. Ave.

## Hudson's Variety Store

416 Seventh Street

## BABEK

CURES  
MALARIA

## Are you a woman

and

## Can you solve this puzzle?

The following queer inscription is said to be found in the chance of a small church in Wales, just over the Ten Commandments. The addition of a single letter, repeated at various intervals, renders it not only intelligible, but appropriate to the situation:

PRSVRYPRFCTMN  
VRKPTHSPRCPTSTN

What is the missing letter?

Do you say yes? Then you have a good chance at the

\$500 in Cash Prizes

Which The Washington Sunday Times is offering its women readers in the most novel, interesting and amusing contest which a newspaper ever undertook.

Next Sunday's Times tells all about it.

## "MY DENTIST"

TOOTH BRUSH  
Keeps the Teeth Pearly White.  
Price, 25c.  
ATKINSON'S, 11th and G Sts. N. W.